

Combo Pizza

A combo pizza is almost an empty the fridge pizza. A treat that is never the same twice. Almost any combination of meat and vegetables will work, as long as they aren't known food allergens. The thicker the pizza toppings, the longer it needs to bake. If frozen ingredients are used, especially diced onions, some ingredients may not fully heat in the normal bake time. A quick 20 to 30 second thaw in a covered microwave safe bowl will help. Use caution heating onions. They burn quickly. Also, be sure any meat ingredients are fully cooked before placing on the pizza.

Pre Cook Preparation:

- A. Timer set to thaw meat for about 2 hours
- B. Timer set for preparation time set for 30 minutes before you plan to put the food in the oven
- C. Stay with meal

Meal Adaptations:

Physical Accommodations:

- Electric mixer, or lightly mix and pour into the pan, allowing the baking process to complete mixing
- Frozen or canned vegetables can be used
- Large handled measuring cups and spoons
- Large handled mixing spoons

Visual Accommodations:

- Easily identifiable labeled ingredients
- Long oven mitts
- Brightly colored measuring cups, spoons, and bowls

Potential Food Allergy or Intolerance:

- Beef
- Cheese (lactose)
- Flour (gluten)
- Mushrooms
- Onions
- Pepper
- Pepperoni
- Peppers
- Pizza sauce (tomatoes)
- Pork
- Spices
- Turkey

Meatless Preparation Avoid:

- Beef
- Cheese
- Pepperoni
- Pork

Turkey

Substitute with: _____

Utensils:

Cutting board

Knife

Measuring cups

2 Mixing bowls

Microwave safe cup

Spoon

Toothpick (round)

Pan:

To cook meat: oven safe pan, or frying pan

To bake pizza: a large pizza pan

Ingredients:

Meat:

2 ounces of beef crumbles (1/3 cup fresh scrambled burger)

3 ounces of sliced pepperoni (beef and pork, or turkey)

2 ounces of Italian sausage crumbles

3 ounces chopped Italian sausage links

3 ounces of chopped mini sausages

Optional:

1/4 cup chopped bacon

1/4 cup chopped chicken

1/4 cup chopped ham

1/4 cup chopped lunch meats

1/4 cup chopped sausage

1/4 cup chopped steak

Vegetables:

4 ounces of sliced mushrooms

1/4 cup diced onions

1/4 cup diced yellow squash

1/4 diced zucchini

Optional:

1/4 cup of corn

1/4 cup diced red or green peppers

Other ingredients:

4 ounces of shredded cheese (gluten and lactose free)

1 large pizza crust (gluten free)

3.5 ounces of pizza sauce (1/4 of a 14 ounce jar)

Preparation time: 20 minutes

Preparation:**Pre Pizza Preparation:**

1. Cook any of the following meats:
 - 1/3 cup fresh scrambled burger
 - 1/4 cup chopped bacon
 - 1/4 cup chopped chicken
 - 1/4 cup chopped sausage
 - 1/4 cup chopped steak
 2. Slice or dice any of the following ingredients:
 - 2 ounces of beef crumbles (1/3 cup fresh scrambled burger)
 - 4 ounces of sliced mushrooms
 - 1/4 cup diced onions
 - 3 ounces of sliced pepperoni (beef and pork, or turkey)
 - 2 ounces of Italian sausage crumbles
 - 3 ounces chopped Italian sausage links
 - 3 ounces of chopped mini sausages
 - 1/4 cup diced yellow squash
 - 1/4 diced zucchini
- Optional:
- 1/4 cup chopped bacon
 - 1/4 cup chopped chicken
 - 1/4 cup chopped ham
 - 1/4 cup chopped lunch meats
 - 1/4 cup diced red or green peppers
 - 1/4 cup chopped sausage
 - 1/4 cup chopped steak

Pizza Preparation:

1. Place the frozen pizza crust on the pizza pan.
 2. Spoon and spread 3.5 ounces of pizza sauce (1/2 of a 14 ounce jar) on the crust.
 3. Sprinkle 2 ounces of shredded cheese on the crust. About 1/4 of a bag.
 4. Chop and spread ingredients across the crust. Choose all or some of the following:
 - 2 ounces of beef crumbles (1/3 cup fresh scrambled burger)
 - 4 ounces of sliced mushrooms
 - 1/4 cup diced onions
 - 3 ounces of sliced pepperoni (beef and pork, or turkey)
 - 2 ounces of Italian sausage crumbles
 - 3 ounces chopped Italian sausage links
 - 3 ounces of chopped mini sausages
 - 1/4 cup diced yellow squash
 - 1/4 diced zucchini
- Optional:
- 1/4 cup chopped bacon
 - 1/4 cup chopped chicken
 - 1/4 cup of corn
 - 1/4 cup chopped ham

1/4 cup chopped lunch meats
1/4 cup diced red or green peppers
1/4 cup chopped sausage
1/4 cup chopped steak

6. Sprinkle remaining 2 ounces of cheese on top.
7. Place pan in oven and set timer.

Cook Temperature: 425 degrees

Cook Time: About 18 to 20 minutes. It takes longer the more ingredients used.

Servings: 2 to 4

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 1 to 2 days ** Per What's Cooking America Storage Chart link in Resources

Freezer safe: 2 to 3 months *** Per What's Cooking America Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Not recommended

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.